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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Bread Alone"--Information from the Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture

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Half a slice of bread! How much does it count? Well...USDA home economists tell us if every family in this country would save just a half a slice of bread each day...it would mean a national daily saving of half a million pounds of bread. Think how much that bread would count in feeding hungry children in war-torn countries?

We can't--of course--send the half-slices from our own tables...but by being thrifty with bread...we will be able to save wheat. And that will mean we can ship more wheat overseas to help feed the starving peoples.

Here are some simple, everyday ways to be thrifty with bread...you will want to put into practice in your home.

First--when you buy bread...buy only what you need. Maybe you have a regular day for buying groceries and you get bread whether you need it or not. Does this mean that you're getting more bread than your family can use? If it does...why don't you plan to buy bread just when you need it...so that all the bread you already have on hand will be eaten?

Your family will eat the bread if it stays fresh. You can hold on to bread freshness if you keep it in a well-ventilated box. The refrigerator is a good place to store bread if you have room. Cool storage prevents mold and delays staleness. Wherever you store it...keep the bread well-wrapped in moisture-proof paper.

Something else ..avoid serving more bread than the family will eat at one meal. As you know the bread becomes dry when it is left on the plate. You may

find it desirable to cut the slices of bread into halves. But as every resourceful housewife knows...you don't have to throw bread away just because it's dry.

Dry bread makes wonderful toast...plain toast...French toast...cinnamon toast...toast with cheese...jelly or hot milk.

You can also use dry bread to make substantial desserts. Maybe your family favors bread and custard pudding.

Odds and ends of bread--of course--can be turned into dry crumbs. Every good cook has a thousand and one uses for bread crumbs. Topping baked dishes ...stuffing vegetables or meat...making crumb pie, crumb cake and crumb cookies.

Finally...you can save bread by substituting plentiful foods, such as oatmeal, for toast....or an extra potato in place of another slice of bread.

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